



SIMPLIFY

CREW LEADER GUIDE

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SIMPLIFY

SERIES OVERVIEW

All over the world people are struggling in life: Stress, Worry, Fear, Isolation, Bitterness, Exhaustion, Offense, Frustration, Depression...We find these things increasing all over the world and even within the church.

But what if I told you that the bible lays out a plan for developing healthy habits, healthy relationships and a healthy, biblical outlook on life.

That is what we will cover in this 6-part series. We will take a look at a handful of common areas that people are struggling with and offer some practical and biblical solutions to get you back on the right path.

And you will know the truth, and the truth will set you free.

JOHN 8:32



START HERE

SET THE TONE WITH PRAYER

Begin your time together with prayer. Invite the Holy Spirit to come and speak to each person.

Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better.

EPHESIANS 1:17

PREPARATION

The purpose of this guide is to equip and prepare you as the Crew Leader to lead your crew in discussion about the topic of healthy habits, relationships and outlook on life. Review the video and guide prior to your crew so that you can be prepared to answer questions and lead the discussion. Consider your “audience” and tailor the content to best fit your crew.

RESOURCES

Simplify

BILL HYBELS

Ordering Your Private World

GORDON MCDONALD



LESSON ONE

TIME TO DECLUTTER YOUR SOUL

INTRO

We are hearing these types of words at an increasing rate: exhausted, overwhelmed, over-scheduled, anxious, isolated, dissatisfied, unhappy, stressed, worried, offended, burnt out, tired, unhealthy, lonely, bitter, angry, frustrated, depressed.

This is an issue all around the world...it effects everyone. Young and old, Rich and Poor, Republicans & Democrats, Parents & Children, Atheists, and even Christians.

▶ WATCH

LESSON ONE TIME TO DECLUTTER YOUR SOUL

CREW DISCUSSION

HOW DO WE SIMPLIFY?

Too many of our lives and minds feel cluttered, disorganized and messy. Full of schedules, worries, urgent needs, financial stress, bad habits, negative traits and frustration.

We believe it is possible, and we also believe that God didn't create us to live an unhealthy lifestyle. Through studying Gods word, we can form: Better habits, Better relationships, and a Better outlook on life. We call this a healthy, simplified lifestyle : living life doing what you were created to do.

WHERE DO WE START TO DECLUTTER

1. We get everything out in the open, bring what was hidden out into the light.
(an honest assessment)

2. Then we recognize what is negative & unhealthy in our life and cut those things free.
3. Then we simplify our lives, our minds and our schedules, and re-prioritize what is truly important.

DECLUTTERED LIFE DOESN'T HAPPEN ON ITS OWN

We don't naturally become more organized, simplified and healthy over time. The opposite is true, we all naturally become more cluttered and complicated over time.

Becoming healthy requires intentional steps on your part in order to see change and maintain health. We must change the way we think, change the priorities we hold...and how we see the world around us. In order to get Spiritually, mentally and emotionally in shape...we need to have that same desire & drive.

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

2 TIMOTHY 1:7

WHERE DOES IT COME FROM?

Millions of people struggle with fear, timidity, and a lack of self discipline and self control. It didn't come from God. At some point in our lives...we learned how to be anxious, stressed, exhausted. We learn how to focus on the urgent instead of the important.

In the Bible story of when Jesus went to the home of Mary and Martha. Jesus commended Mary because she had the right focus... she focused on what was truly important. But though Martha was doing good helpful things, urgent things... Jesus said she was missing out. Martha focused on what was urgent while Mary focused on what was truly important.

The same is true with us today. How do we focus on what is truly important and not spend our lives putting out fire after urgent fire? How do we create habits, boundaries and systems in our lives that help us prioritize what is right?

DISCUSSION QUESTIONS

1. *At the beginning of this lesson, I listed off many negative words. Which of those most describe you?*

(i.e. - Exhausted, Overwhelmed, Over-scheduled, Anxious, Isolated, Dissatisfied, Unhappy, Stressed, Worried, Offended, Burnt out, Tired, Unhealthy, Lonely, Bitter, Angry, Frustrated, Depressed.)

2. *If you were being honest, what area of your life feels the most cluttered and disorganized?*

(i.e. family, friends, marriage, kids, career, school, spiritual, emotional, social...etc)

3. *What are the main areas of your life that you most hope to grow in this series?*

(i.e. developing healthy habits, time management, forgiveness, rest, letting go of Offense, isolation...)

CLOSING PRAYER

LESSON TWO

TAKING BACK YOUR TIME

INTRO

Some people in our world have lots of money...while others are very poor and don't have a lot of money. Some people in our world are very smart and have lots of talent...while others don't seem as talented. But there is something that we all have the same amount of...

Every single person in the world gets 168 hours in a week. Most people spend their time the same way they spend their money...unwisely. And in the same way people have money problems and fall into debt...people also fall into a debt of time.

▶ WATCH**LESSON TWO TAKING BACK YOUR TIME****CREW DISCUSSION****WHAT IS TIME DEBT?**

This describes people who always feel like they are behind and catching up... Catching up on chores, on homework, catching up on a work or assignment... cleaning, running errands. Does that sound familiar in your life?

Think about this: What causes financial debt? It's spending more money than you make. The outgo is higher than the income... right...it's common sense? They commit to things they don't have time for...and waste time doing things they shouldn't. What they are left with is a time deficit or debt that leads to increasing stress, anxiety, exhaustion.

URGENT THINGS AND IMPORTANT THINGS

Many urgent things can seem important but really aren't that important in the long term. And many important things in the long term don't seem very urgent in day to day life.

URGENTS THINGS

Homework, fixing the car, groceries, errands, working late, bills, sports practice, kids events, planning vacation.

All of these things cry out for your time and attention and generally you prioritize whatever is loudest.

IMPORTANT THINGS

Prayer, reading God's word, quality time with a child or spouse, serving others, serving in church.

Bettering yourself, reading a resource, small groups, needed conversations, relaxation, recreation & rest.

The problem is that we continually push off the important in order to focus on what is urgent.

If we only have time for doing half of this list, we generally choose the urgent & push off the important. We tell ourselves that those things can be done tomorrow because there is no deadline to them. This happens week after week & there are consequences to continually choosing urgent over the important. Marriage problems, relationship issues, spiritual deficiencies, burnout, anxiety and lack of spiritual growth.

CONSEQUENCES OF CHOOSING URGENT

Worldwide increases of exhaustion, isolated, stressed, burnout and divorce breakdown of the family. This is the new normal....frazzled, stressed, frantic...this is expected to keep up the pace in society. Being busy makes us feel important and keeps us distracted from other issues we need to deal with. We use busyness as an excuse to not do the important things.

Look at your own life: I guarantee the stress and anxiety you struggle with come from wrong priorities. So how do we get back on track with doing what is important?

I have a solution for you, an experiment I want you to try for 1 month. This is a similar approach to helping people out of financial debt by planning a spending budget. We're going to do the same thing when it comes to how you spend your time.

What we are going to do is plan (or spend) our time on the important things first. We are not going to just devote the last or the leftover time to what is important. Instead we are going to give the first and best of our time (our tithe) to what is important. The first 10% of 168 hours is roughly 17 hours.... We are going to intentionally plan 17 hours into our weekly schedule doing God honoring things.

I'm reminded of the Wisdom of King Solomon who understood the value of setting aside time for specific things.

There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance,

ECCLESIASTES 3:1-4

GOD HONORING THINGS TO SCHEDULE FIRST

1. Time spent going to church, serving on a team, going to crew and serving others in the community.
2. Time spent with God in his word and in prayer.
3. Intentional quality time with your spouse, your children and encouraging friends. (Dates, family night)
4. Time spent improving yourself (reading a helpful resource).
5. Time set aside specifically to rest and be thankful.

DISCUSSION QUESTIONS

1. *What are the greatest urgencies in your life and what important things have been cast aside?*
2. *What will be the most difficult part of creating a habit of planning your time out like we described?*
3. *What are some ideas for how we can stick to this time budget despite the pressures of life?*

CLOSING PRAYER

LESSON THREE

HEALTHY BOUNDARIES

INTRO

What if the source of your overwhelmed, cluttered, frazzled life is another person in your life? Maybe the source is actually your spouse, a child, a mother in law, or an extended family member. They cause you to feel used, manipulated, guilty, overwhelmed, controlled, or frustrated. It's common for people in our lives to be a source of depression, loss of joy, anger, anxiety and exhaustion.

But in reality it's really not the other persons fault...
We can't blame others for our lack of boundaries.

[▶ WATCH](#)[LESSON THREE HEALTHY BOUNDARIES](#)

CREW DISCUSSION

LACK OF BOUNDARIES

Most of us who live with this issue don't even realize they're living without boundaries but our lack of healthy boundaries allow and give permission to people in our lives to drive us crazy. Here are a few common examples of how this can happen in everyday life. We try to be people pleasers so we go out of our way to please our spouse and they don't notice. We take on a friends drama, stress, worry, and pain and spend time we don't have in fixing their issues.

Just as homeowners set physical property lines around their land... We need to identify and set mental, physical, emotional and spiritual boundaries up as well. We need to take ownership for what is our property and give up ownership of someone else's property. The difficulty here is knowing to draw the lines: where does our property end and another persons begin.

QUESTIONS PEOPLE ASK REGARDING THE CONFUSION OF RELATIONAL BOUNDARIES:

*Can I set limits and still be a loving person?
Aren't boundaries selfish?*

What if someone is upset or hurt because of my boundaries?

How do I respond to people who want my time, love, energy or money?

*Why do I feel guilty or afraid when setting boundaries?
How do boundaries relate to submission?*

This issue of setting up healthy boundaries effects Christians even more so than others. Because Christians have the added pressure of living up to what it means to be a Christian. Christians are often expected to always say yes and "Carry another's Burden" (taken out of context).

Above all else, guard your heart, for everything you do flows from it.

PROVERBS 4:23

3 PIECES OF ADVICE FOR SETTING UP HEALTHY BOUNDARIES

1. Don't fight people's battles for them.

This is a common boundary issue people have... we want to fix problems for people. We often try to solve people's problems for them... we become the solution. We can't lift weights for other people and expect them to get any stronger.

As Christians, we want to help people through life's hardships, but not take those issues on for them. Don't fight for people more than they are willing to fight for themselves...It will deplete you.

2. Sometimes the best thing you can do for someone is to say "No".

We need to learn how and when to say no. It can be the best thing for you and the other person. People will try to control you in two ways.

- Control by Anger: if you don't do it my way, I'll be angry at you.
- Control by Guilt: If you don't do it my way, I'll be hurt.

A large part of stress in life is us trying to live up to the unfair expectations others place on us. We think that just by trying harder, what wasn't working before will finally one day work out. A life without clear and healthy boundaries is a life that will continually have the joy sucked out of it.

A Hot tempered person must pay the penalty: rescue them and you will have to do it again.

PROVERBS 19:19

3. We need to learn to install boundaries from a place of Love.

We want all our interactions to start from a position of love. (not anger, frustration, resentment, or intimidation). You can love someone without liking them...and you can love someone by telling them no. This is where we have to start...we setup boundaries and others adhere to those healthy boundaries. Use your words and express yourself, not out of frustration or anger, but with conviction.

DISCUSSION QUESTIONS

1. *Right now in your life, what or who is creating drama and boundary issues?*

(i.e. Who causes you frustration? Who drives you crazy or creates drama in your life? Who robs your time? Who controls you? Who makes you feel guilty? Who is needy or immature in your life? What keeps you up at night? What or who do you worry about? Who causes you to feel pain or anger?)

2. *Based on what we went over today, what would be a healthy approach to setting up boundaries with that person?*

3. *What is a practical next step you can take in this area this week?*

CLOSING PRAYER

LESSON FOUR

HABIT OF ISOLATION

INTRO

In our world today, we could make a case that people have the ability to be more connected than ever. We have social media, we can share pictures, phone and video calls... all at lightning speeds across the world. But we could also make a compelling case that people are more lonely & isolated as ever before.

▶ WATCH**LESSON FOUR HABIT OF ISOLATION****CREW DISCUSSION****LONELINESS & TECHNOLOGY**

Loneliness is a major concern for people all over the world...even in the age of technology that is meant to connect us. People wonder if they will die alone, or if they will ever meet someone, or make a friend, or they worry that someone who is in their life will leave them and they fear being left alone.

Many of life's events can lead us to feel lonely:

The death of a family member, breaking up, divorce, children leaving the house, moving to a new city, relationship fallout, abuse, betrayal, insecurity, health issues, drug use, depression.

LONELINESS IS A RESULT OF ISOLATION AND ISOLATION IS A CHOICE.

You may not even be aware that you isolated yourself or feel like you did anything wrong. Not here to condemn. I know it sounds hard to hear...but loneliness is the result of a choice to pull away from others and isolate yourself. This isolation may have happened all at once or it may have happened gradually and slowly over many years.

But people do this all the time and often they don't even realize they are doing it. Even in a crowded room we can isolate ourselves...we put up walls, defenses...then wonder why we feel lonely. Many people isolate themselves from relationships... they think they'll avoid pain, betrayal and disappointment.

Be alert & of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour.

1 PETER 5:8

THE ENEMY WANTS YOU SEPARATED, ALONE & ISOLATED

The Devil knows people who are separated and isolated from the strength of others are much easier to fall into temptation. We were never intended to do life alone. God designed us to be in relationship with Him & with other people. Your identity is linked to relationship - I am a child of God means you are a son or daughter with spiritual siblings.

You may have 1000 excuses and reasons why you can't be connected. "I'm shy, I'm an introvert, I was hurt before, I don't like groups, I don't want to be vulnerable, I don't have time..." But It's only through doing life together that we can truly fulfill the purpose and plan God has for our lives.

And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching.

HEBREWS 10:24-25

WE ALL HAVE HABITS

Paul recognized that everyone has habits in their lives, things we do without even thinking about it. Studies have show about 90% of the things we do everyday are driven by habit.

Some of those habits are healthy habits that add to our lives and some are unhealthy habits that take away. And these habits produce results...every habit we form whether good or bad, produces something. The problem with this is that many people want different results, but they keep planting the same seed.

PRACTICAL WAYS TO BREAK OUT OF THE HABIT OF ISOLATION

1. Pray and ask God to give you opportunities for greater connection.

We either believe that God hears and answers prayer or we don't. I believe that God will place opportunities before you... but you still need to step in them.

The prayer of a righteous person is powerful and effective.

JAMES 5:16

2. Turn your attention onto the needs of others and your feelings of loneliness will diminish.

Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; do not merely look out for your own personal interests, but also for the interests of others.

PHILIPPIANS 2:3-4

When we live in isolation we tend to only dwell on ourselves and our own feelings and problems. The more you shift your mind off of your own needs to the needs of others the feelings of loneliness will depart. Jesus modeled this continually. Be a servant, serve others, look to the needs of others. The more you shift your mind off of your own needs, to the needs of others, the feelings of loneliness will depart.

3. Go out of your way to be friendly.

A man who has friends must show himself to be friendly...

PROVERBS 18:24

I see this all the time. People get connected in a Crew or Team, then six months later claim it's not working. Generally, when this happens, it's because even though you're in the right place... your not being friendly. Making friends is hard to do...but a good place to start is to practice being friendly.

CHALLENGE FOR THE WEEK

Go out of your way this week to be friendly and kind....In how you act, in what you do... Over time this can become a healthy habit... people love being around others who are friendly, generous and kind.

A father of the fatherless, a defender of widows, is God in His holy habitation. God sets the solitary in families; He brings out those who are bound into prosperity; but the rebellious dwell in a dry land.

PSALM 68:5-6

DISCUSSION QUESTIONS

1. *Would you consider yourself a lonely or isolated person? Why or why not?*
2. *What are some ways you can take your mind off your own needs and onto the needs of others?*
3. *What are some simple things you can do this week to go out of your way to be friendly?*

CLOSING PRAYER

LESSON FIVE

THE DEFENSE OF OFFENSE

INTRO

We have all been, or will be, wronged, slighted or offended at some point. You may even be living in some sort of offense, drama or betrayal right now in this moment. Maybe you even see one of these offenses as the reason your life is cluttered, messy, and broken.

▶ WATCH

LESSON FIVE THE DEFENSE OF OFFENSE

CREW DISCUSSION

We have all been hurt by someone, felt betrayed, held onto a wound, held onto unforgiveness. We've all been mistreated in some way, victimized, offended at some point....it's something we all share. And these offenses and hurts weigh on our mind. They steal our peace and joy and cause exhaustion.

The question is not: How can I avoid these hurts and offenses?

The real question is: How can I learn to deal with offense or hurt in a healthy way?

I'm reminded of Jesus' words on the Cross: "Father, forgive them, for they know not what they do." Jesus was hurt and wronged more than anyone, yet In the midst of being wronged...Jesus chose to Forgive. And even today, Jesus can be a significant example for us in how to deal with being mistreated.

THREE TYPES OF OFFENSE & HOW TO DEAL WITH EACH

1. Minor offenses: You were slighted in some way, whether intentionally or not.

(Examples) Harsh words, gossip about you, unfairness, a snappy comment, a misunderstanding. This is a regular part of life: in the home, with extended family, in a marriage, in the workplace... it happens regularly.

The best advice in dealing with an offense is to look at the situation from the outside, work it out, move on. The danger comes when we internalize and personalize hurts and allow them to build up over time.

Love does not dishonor others, it is not self-seeking, not easily angered, keeps no record of wrongs.

1 CORINTHIANS 13:5

As Christians we give up the right to be offended, to be easily angered and keep a record of wrongs. The Devil loves to distract us through offense or being caught up in minor drama. He loves to use one of these situations to create division between people (especially the church).

A person's wisdom yields patience; it is to one's glory to overlook an offense.

PROVERBS 19:11

Fire goes out without wood, and quarrels disappear when gossip stops.

PROVERBS 26:20

I know it can be difficult to do but as followers of Christ we need to set the example of not holding onto offense. We need to be better at recognizing God's grace towards us and using that same grace towards others. When we see what God was able to overlook and forgive (in us) it puts our own offenses into perspective.

2. Legitimate wounds that need to be addressed.

(Examples) This would include a broken promise, intentional slander, intentionally hurtful gossip, misplaced trust, lies & betrayal.

These are offenses that spark in us an immediate desire for retribution or justice (eye for an eye). These offenses are when the thought of forgiveness seems much harder to contemplate. Forgiveness isn't only important when it is easy, Forgiveness is worth more when it is hard.

FIVE STEPS TO ADDRESS OFFENSE BASED ON MATTHEW 18:15-17

- Step 1. Go** - You take the first step...even if you feel that they should come to you.
- Step 2. Go Now** - Don't wait or hesitate, the longer it takes, the more wound there is to heal.
- Step 3. Go Alone** - Go to that person directly & in private... don't go sideways and talk to everyone else besides them.
- Step 4. Go to Reconcile the relationship** - The goal is not to argue or to fight...the goal is restoration.
- Step 5. Let it Go** - Once you've said the truth, don't harbor a grudge or bitterness or bring up past hurts.

3. Life shattering injustices and very painful experiences.

(Examples) Being seriously wronged: loved one was abused, molested, murder, violence, domestic abuse, legal issues, custody.

You may believe you have every right to harbor hate, bitterness and unforgiveness in your heart. And this tragedy or hurt has seriously impacted your life today...you carry that pain with you in some way. You have no control over what happened...What you do have control of is your response.

*When forgiveness is the most difficult,
that is when it is the most needed.*

Forgiveness of this kind is not about releasing people from the legal consequences of their actions. If someone broke the law, they need to be held accountable for breaking the law... But forgiveness in these situations is about people releasing themselves from the desire for revenge.

This is hard to do on your own...and I wouldn't advise that you go through this alone. You need to lean on God and gain strength through prayer, encouragement of the church and declaring Gods promises. Forgiveness is both an event and a process. Don't devalue either part. The Holy Spirit will give you the power to forgive, in time, if you offer Him your desire to do so.

THREE STEPS TO ADDRESS MAJOR INJUSTICES

Step 1. Admit and name what happened - It does no good to live in denial or to not live in the reality of what happened to you.

Step 2. Identify what you lost - Say it and admit what was lost.

Step 3. Ask God to open your heart to Forgiveness - This internal healing takes time.. you need Gods help in this process.

*By this everyone will know that you are my disciples,
if you love one another.*

JOHN 13:35

This verse isn't just talking about those that it is easy to love. And part of this word love is that it keeps no record of wrongs. We are called to forgiveness, not just for minor offenses...but for all offenses, just like Jesus did on the cross. We love like Jesus loved...we forgive like Jesus forgives.

DISCUSSION QUESTIONS

1. *What are some examples of ways have you been wronged or offended in your life and how did you respond?*
2. *Have you had experiences with category 2 offenses that needed to be addressed? What happened?*
3. *What is an area of offense or unforgiveness that you can address this week?*

CLOSING PRAYER

LESSON SIX

THE WAR AGAINST WORRY

INTRO

In a recent study, researchers found that personal stress, worry and anxiety is at an all time high. The level of fear and worry is even higher than it's previous peaks during WW2 and the Cold War. Seven reasons for stress: Job, Money, Health, Relationships, Poor Diet, Media, Lack of Sleep.

▶ WATCH

LESSON SIX THE WAR AGAINST WORRY

CREW DISCUSSION

Reasons to worry and fear can be thrust into our lives in an instant. A pink slip at work, a telephone call, knock at the door, urgent email, certified letter, an x-ray or MRI. People that live with worry, fear, anxiety: Feel fatigued, exhausted, overwhelmed, depressed. They lose their sense of joy, peace, purpose and rest. Their mind becomes frazzled and frustrated. Then because of this, you lash out at those closest to you out of frustration and a short temper.

Through all of this, your relationship with God and those around you suffers because of fear, worry & anxiety. You cannot have your eyes fixed on Jesus and all the problems of the world at the same time. And because of the cares of this world appearing so urgent... we regularly take our eyes off of Jesus.

This downward cycle of unhealthy habits, unhealthy relationships and an unhealthy outlook on life is all around us. So the question is - How do we live a life without worry, fear or anxiety in a world of bad news?

I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

JOHN 16:33

THE BIBLE SAYS THAT WE HAVE A STRESS-FREE GUARANTEE FOR PEACE... EVEN IN A WORLD OF STRESS AND TROUBLE.

If you do this, you will experience God's peace, which is far more wonderful than the human mind can understand. His peace will keep your thoughts and your hearts quiet and at rest as you trust in Christ Jesus.

PHILIPPIANS 4:7

FOUR REASONS TO CHANGE YOUR THOUGHT LIFE

1. The Bible tells us not to worry because worry is unreasonable.

Never worry about anything...

PHILIPPIANS 4:6

There is no exceptions in this verse....No thing that scripture is saying that it is okay to worry about. Worry is unreasonable and doesn't do any good or help the problem in any way.

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?

MATTHEW 6:25

To worry about something you can't change is worthless, to worry about something you can change is stupid. Simply worrying about a problem doesn't do anything to help solve that problem and it doesn't make sense.

2. The Bible tells us not to worry because worry is unhelpful.

Not only is worry unhelpful, but it actually makes the initial problem worse and creates a new problem. Worry cannot change the past or help the future. The only thing that worry changes is you. Worry makes you miserable and steals your joy and it infects those around you as well.

Who of you by worrying can add a single hour to your life[? 26 Since you cannot do this very little thing, why do you worry about the rest?

LUKE 12:25

3. The Bible tells us not to worry because worry is unhealthy and unnatural.

The only creations in the world that worry are humans. We were never born with worry, and never meant to worry. "Worry is something we learn to do".

Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they?

MATHEW 6:26

We are Gods children. How much more will God take care of us than he takes care of birds? We have an unfair advantage on God's priority list. He takes care and looks after us like royalty. Worry is even medially proven to be unnatural and unhealthy. The term "Worried Sick" is actually true.

An anxious heart weighs a man down...

PROVERBS 12:25

A heart at peace gives life to the body...

PROVERBS 14:30

4. The Bible tells us not to Worry because worry is unnecessary.

There is no need to worry. Worry is a choice. God already knows what we need and how and when to give it to us.

If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith? 31 So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well. 34 Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

MATTHEW 6:30-34

Scripture says Pagans who don't know God run after worry. So why do we as Christians act like Pagans? We have a heavenly father who will take care of us...but we learned how to worry from unbelievers.

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God... whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

PHILIPPIANS 4:6-8

Stop talking to yourself about your problems, instead talk to God. Control your self talk, quote scripture, speak Gods promises and speak truth to drive out the lies in your mind.

You do not have, because you do not ask.

JAMES 4:2

DISCUSSION QUESTIONS

1. *What do you worry about most in life and why?*
2. *How does worry, fear, and anxiety effect your life?*
3. *What point of this episode stood out to you most and what is a practical next step you can take this week?*

CLOSING PRAYER